



VMHA 2010 Skill Development Clinics Atom- Pee Wee Defenseman/Forward Camp

Camp Details:

Cost: \$95 (price included HST)

Ice: 6.5 hours

Location: Britannia Arena

Minimum- Maximum Registration: 14-22 players (open to all players playing Atom or Pee Wee next year)

*Note: If minimum registration is not met by June 30th group will be cancelled and refunds issued

Group Focus: Skills and tactics addressed will be position specific: skating skills, skill development and tactical play

Format:

- Half of the ice will be dedicated to forward skill development and the other half will be dedicated to defensemen development.
- 15 mins skill/skating warm-up
- 45 mins position specific skill/tactical development
- 15 mins small area games or individual challenges

Instructors: Aaron Wilbur (Assistant coach for the UBC Thunder Birds) & Jay Aikenhead (Head Coach of the VMHA Bantam A1)

Goal: To have high quality instruction with emphasis on learning new skills and having fun while keeping the costs affordable for our members.

Schedule			
Day of Week	Date	Start Time	End Time
Sunday	July 11/10	3:30PM	4:45PM
Sunday	July 18/10	3:30PM	4:45PM
Sunday	July 25/10	3:45PM	5:00PM
Sunday	Aug 08/10	3:30PM	4:45PM
Sunday	Aug 15/10	3:30PM	4:45PM

How to Register:

On Line: (with Credit Card or Cheque) at: http://vmha.techsys.tv/vwcontent/event_reg_page.asp?appid=vmha